



CANCER
LIBRARIANS
SECTION

NEWS



Issue No. 25

May 1999

FROM THE CHAIRPERSON

MLA ANNUAL REPORT 1998-1999

The Cancer Librarians Section identified three goals for 1998-1999. By the end of this year, we will have accomplished two and have made some progress on the third.

GOAL: Information Technology

OBJECTIVE: Create Cancer Librarians Section Web Site

Section member Ann Marie Clark of the Fred Hutchinson Cancer Research Center has volunteered to serve as webmaster. While site design has not yet begun, preliminary content is under consideration: section brochure, newsletter, the Cancer Resource Booklist, section-member reviewed and recommended links to cancer websites for patients and health care professionals, and bibliographic lists on "frequently asked questions" such as how to set up cancer resource centers for the public.

STATUS: In progress

GOAL: Organization

OBJECTIVE: Improve and expand contents of our semiannual newsletter

Margaret Vugrin and JoAnn Van Schaik, Preston Smith Library of the Health Sciences, Texas Tech University, and Cheryl Warren, ValleyCare Health Systems, produced a greatly expanded Winter 1999 newsletter. In addition to regular features (letter from the Chairperson, minutes, etc.), this issue included a bibliography and webliography on animal assisted therapy, electronic lists information, 1999 program information, a description of an innovative electronic information system for patients, book reviews by Section members, and several informative press releases from NIH.

The Spring 1999 issue is on target to be equally as informative and interesting.

STATUS: Ongoing

MLA ANNUAL REPORT 1998-1999 con't.

GOAL: Professional Development

OBJECTIVE: Co-sponsor an MLA '99 invited speaker program session

The Cancer Librarians, Hospital Librarians, and Consumer and Patient Health Information Sections are co-sponsoring an invited speaker session at the 1999 Annual Meeting. Belleruth Naparstek, AM, LISW,BCD will share her insights and discoveries on the use of guided imagery for healing and wellness in both the traditional and nontraditional health setting. Cheryl Warren, Program Chairperson and Chairperson-Elect, was principally responsible for arranging Ms. Naparstek's appearance at the meeting.

STATUS: Completed (effective May, 1999)

In August 1998, the Cancer Librarians Section was asked to participate in an online focus group discussion of NCI's CancerLit database. Several of our members volunteered to take part and contributed many valuable suggestions. The discussion included how CancerLit is used, strong and weak points of the database, suggested features, etc.

The Section completed its election for new officers on March 1, 1999. Karen Albert, Fox Chase Cancer Center, was elected Chairperson - Elect. Gayle Ablove, Roswell Park Cancer Institute, was elected Secretary.

Submitted by:

Mary Sprague, Chairperson
Cancer Librarians Section

Member News:

Margaret Vugrin has been appointed to the Educational Technology Taskforce of the CATCHUM Project. The CATCHUM Project is a cancer education program dedicated to prevention and early detection involving all eight Texas Medical Schools, and is located in the Educational Center of The University of Texas Medical Branch at Galveston. The current emphasis of this consortia task force is to redesign the Project's web page.

Check out: <http://www.catchum.utmb.edu/>

The taskforce is a wonderful group of highly motivated individuals, including MLA members Gale Hannigan and Cathy Montoya. Together with Margaret they are the only librarians involved with this taskforce.

Thanks and Congratulations to New Officers

Karen Albert- Chair Elect
Gayle Ablove-Secretary



MLA Program

On Tuesday, May 18th, from 10:30 to 12:00, the Cancer Librarian Section, Hospital Libraries and CAPHIS will sponsor a speaker on guided imagery and meditation techniques. Please note the new time and date for the program.

Belleruth Naparstek, MA, LISW, psychotherapist and author of *Staying Well With Guided Imagery, Your Sixth Sense : Unlocking the Power of Your Intuition* and *Health Journeys*, a series of guided imagery audio cassettes, has over 30 years of experience in the areas of therapy and mind-

body techniques. She will discuss her own odyssey from producing individualized tapes for her clients to the development of a tape series called *Health Journeys*. Early on in her private practice she began developing imagery and visualizations techniques to help her patients and clients. Through these personal experiences, she realized the potential of images on the senses and the body's ability to react to positive imagery. She will discuss her belief that imagination activates healing, perception and human intuition to enable people to live healthier lives by being more aware of themselves and their inner potential for growth and change. Naparstek will explore her techniques with us and conduct an exercise in guided imagery mediation.

SmithKline Beecham Pharmaceuticals, a sponsor of Naparstek's guided imagery audiocassette *For People Undergoing Chemotherapy*, has provided complimentary tapes. These free tapes are available at the program for as long as they last. This audiocassette is representative of the fine work Naparstek has put into her *Health Journeys* series.

Cancer Librarian Section Business Meeting

Cancer Librarian's Section will have their business meeting on Sunday, May 16 at 7:30 am - 9:00 am. Breakfast is being provided. An approximate number of attendees is needed to plan on food and drink. Please email Mary Sprague at sprague.3@osu.edu if you think you will be attending the business meeting.

Guided Imagery

Guided imagery or visualization is a technique that uses the imagination to create vivid images that the body can perceive and respond to. Often described as focused day dreaming, visualization is considered a complementary therapy that works well with traditional treatments. Guided imagery can ease stress, enhance personal awareness, and improve psychological coping skills. Because visual imagery has numerous aspects and various components, techniques and even definitions can vary with practitioners. Visualization has been a part of many cultures and religions, but received wider notice in traditional western medicine in the late 1960's and early 1970's when biofeedback researchers started employing visual imagery with biofeedback devices to get measurable results. Around that time, the Simontons began experimenting with imagery and cancer patients. Simontons are associated with an aggressive form of imagery designed to heighten the body's natural defenses to fight or cure the cancer. Other clinicians take a more gentle approach to imagery, using visualization to improve the patient's quality of life. Today imagery has become the basis of many relaxation therapies.

Cancer patients frequently request information about guided imagery. These patients are interested in complementary therapies for pain and nausea control, heightened immune functioning, reduced anxiety and depression and to otherwise improve their quality of life.

Web Sites

Of the various web sites available on guided imagery and visualization, these three represent a good starting point.

Academy for Guided Imagery. This site is well laid out. Includes sample audio clips and a searchable database for local practitioners on their member referral list. <http://healthy.net/univ/profess/schools/edu/>

Health Journeys: the Guided Imagery Resource Center. Belleruth Naparstek has constructed an excellent site filled with useful, patient friendly information. Also includes a nice section listing clinical research in the area of guided imagery. <http://www.healthjourneys.com>.

NCCAM. NIH's National Center for Complementary and Alternative Medicine provides the public and professionals with fact sheets, a basic classification system on CAM, and the government's research funding in the area of complementary/alternative health. Also available is the CAM

Citation Index, a searchable database of bibliographic citations on journal articles pertaining to CAM. <http://altmed.od.nih.gov/nccam/>

Literature Search: Guided Imagery and Cancer

This is only a partial listing of the current literature available on guided imagery and cancer. A particularly good article from the professional standpoint is *Mind-Body Therapies for the Primary Care Physician* by D.R. Chiaramonte. The article, although not strictly devoted to cancer patients, provides a definition of mind-body medicine, a review of the literature and a basic introduction to relaxation techniques, guided imagery, and meditation.

Analysis of recent literature concerning relaxation and imagery interventions for cancer pain. Wallace KG. *Cancer Nurs* 1997; 20(2): 79-87.

Coping, life attitudes, and immune responses to imagery and group support after breast cancer treatment. Richardson MA. *Altern Ther Health Med* 1997; 3(5): 62-70.

Efficacy of relaxation training (RT) and guided imagery (GI) in reducing the side effects of cancer chemotherapy (Meeting abstract). Yoo HJ. *Proc Annu Meet Am Soc Clin Oncol* 1997; 16:A302.

Guidelines in the care of the dying cancer patient. Cherny NI. *Hematol Oncol Clin North Am* 1996; 10(1): 261-86.

Imaging ability and effective use of guided imagery. Kwekkeboom K. *Res Nurs Health* 1998; 21(3): 189-98.

Imagery and hypnosis in the treatment of cancer patients. Spiegel D. *Oncology* (Huntingt) 1997; 11(8): 1179-89; discussion 1189-95.

Influence of guided imagery on chemotherapy - related nausea and vomiting. Troesch LM. *Oncol Nurs Forum* 1993; 20(8): 1179-85.

Interactive guided imagery with oncology patients : a case illustration. Rancour, P. *Holistic Nurs* 1994; 12 (2) : 148-54.

Managing the multiple causes of nausea and vomiting in the patient with cancer. Fessele KS. *Oncol Nurs Forum* 1996; 23(9): 1409-15; quiz 1416-7.

Mind-body medicine in primary care. Implications and applications. Lazar JS. *Prim Care* 1996; 23(1): 169-82 .

Mind-body therapies for primary care physicians. Chiaromonte DR. *Prim Care* 1997; 24(4): 787-807 .

Nonpharmacologic management of chemotherapy-induced nausea and vomiting. King CR. *Oncol Nurs Forum* 1997; 24(7): Supple: 41-8.

Quick reference guide for clinicians. Management of cancer pain: adults. J Am Acad Nurse Pract 1995; 7(4): 171-87.

Relaxation and imagery and cognitive-behavioral training reduce pain during cancer treatment: a controlled clinical trial. Syrjala KL. *Pain* 1995; 63(2): 189-98.

Relaxation and the relief of cancer pain. Sloman R. *Nurs Clin North Am* 1995; 30(4): 697-709.

Replenishing the spirit by meditative prayer and guided imagery. Brown-Saltzman K. *Semin Oncol Nurs* 1997; 13(4): 255-9.

Use of complementary therapies in cancer patients receiving chemotherapy. Bauer, SM. *Dev Support Cancer Care* 1996; 1(1): 11-17.

The use of guided imagery with anticipatory grief. Turkoski B. *Home Healthc Nurse* 1996; 14(11): 878-88.

Use of relaxation for the promotion of comfort and pain relief in persons with advanced cancer. Solman R. *Contemp Nurse*, 1994; 3(1) : 6-12.

Using imagery in advanced nursing practice. Griffiths H. *Nurs BC*, 1997; 29(1): 24-6.

Collection Development: Guided Imagery

Books : Represents just a few of the titles currently available.

Alternative advisor : the complete guide to natural therapies and alternative treatments / Somerville, R. Time-Life, 1997. ISBN: 0783549075.

Provides good information in a pleasing format on the overall area of alternative/complementary therapies with a small section on guided

imagery. Sidebars indicate cautions, other resources, and licensing/insurance information.

Alternatives in cancer therapy: the complete guide to non-traditional treatments / Pelton, R. Fireside/Simon & Schuster, 1994. ISBN: 0671796232.

Chapter on visualization and meditation summarizes the work of the Simonton's and others. Simonton's guidelines for effective imagery are also given.

Creative imagery in nursing / Weinstein, L. Delmar Publishers, 1996. ISBN: 082736394x.

Goal is to familiarize nurses with the benefits of using therapeutic imagery. Contains suggestions on how to integrate imagery into everyday practice. Includes sample scripts.

Creative visualization: using imagery and imagination for self-transformation / Shone, R. Destiny Books, 1998. ISBN : 089281707.

Guide to using visualization techniques. Popular press, easy to read.

Guided imagery for groups / Schwartz, A. Whole Person Assoc., 1995. ISBN: 1570250669.

Provides fifty scripts for use in various settings by professional and lay person alike. Suggestions are included for improving group dynamics as such could be useful in support group setting.

Holistic health promotion and complementary therapies : a resource for integrated practice / Aspen Reference Group. Aspen Publications, 1998. ISBN: 0834210053.

Written for the health professional, this text describes the various complementary therapies, application in practice setting, documentation and assessment. Contains a fine section on relaxation, meditation and imagery.

Imagery for getting well : clinical applications of behavioral medicine / Brigham, DD. Norton & Co., 1996. ISBN: 0393702251.

Summarizes clinical applications of visual imagery. Includes case histories and guidelines.

Staying well with guided imagery / Naparstek, B. Warner Books, 1995. ISBN: 0446671347.

Guide to the use of visualization to improve health and well being for the public.

Audiocassettes: A list of few titles available for the cancer patient

Cancer recovery and recurrence prevention / Simonton, C. Hay House, Inc. 1-800-654-5126.

Simonton provides a guided imagery session on side one and side two features music to encourage the patient's own personal meditation.

Meditations for morning and evening/ Siegel, B. Hay House, Inc. 1-800-654-5126

Oncologist, who became convinced of the mind-body connection, he has a strong patient following. He has produced a number of audiocassettes besides this meditation tape. Some are based on his books.

Healing imagery for people facing cancer / Palmer, P. 4 cassettes. TouchStar Prods, 1998. ISBN: 0965024067. 1-800-861-3296.

Teaches relaxation techniques. Each tape focuses on a different topic that the cancer patient might want to address: immune system, chemotherapy, radiation, and healing energy.

Health Journeys / Naparstek, B. Time Warner AudioBooks. Image Paths, Inc. 1-800-800-8661.

A well done series of over 20 tapes with the following titles especially good for the cancer patient : cancer, surgery, chemotherapy, pain, stress, depression and general wellness.

Source Cassette Learning Systems / Emmett Miller. 1-800-528-2737.

One of the first pioneers in imagery. Several tapes are appropriate for the cancer patient including : Positive imagery for people with cancer, Change the channel on pain, Successful surgery and recovery.

New Cancer Materials reviewed by Cheryl Warren

Easing Cancer Pain : Fireside Retreat. CD-ROM. Window/Mac. Michigan State Univ. distributed by The American Cancer Society, Michigan Division. 1-800-723-0360. 1998. \$15.00.

Using an attractive outdoor setting accompanied by soothing music, this interactive program allows cancer patients, caregivers and family members to retrieve an enormous amount of information on pain. Health care professionals, such as social workers, oncology nurses and hospice personnel should also find the program useful. An excellent job is done of dispelling myths surrounding pain and pain control to enable patients to find options best suited to their comfort needs and to maintain their quality of life. Sections are included on assessment guidelines, treatment options, and pain resources. Patients and family members will appreciate the brief discussions on insurance and complementary treatments. Stories, told by patients and family members, add a personal touch while the software's interactive quality allows clientele to readily access sections suited to their individual problems and concerns. The program is rather easy to move around in with prompts readily available to the instructions, but installation instructions are sketchy. The reasonable cost makes this pain program well worth adding to any collection. Web site is located at <http://commtechlab.msu.edu/sites/cancerpain>. CLW

Breast cancer survival manual : a step-by-step guide for the woman with newly diagnosed breast cancer / John Link. New York : Henry Holt & Co., 1998. xii, 190 p., ill. ISBN 0-8050-5515-0 : 15.95.
Written by an oncologist, this slim book readily explains types of breast cancer, staging, pathology reports, treatment options, clinical trials and complementary therapies. Drawings, photographs and charts enhance explanations. Useful checklists and questions at the ends of chapters enable the patient to be organized and to have informed discussions with her healthcare team. This is an excellent addition to the growing collection of books on breast cancer. CLW

Cancer Core List

The Cancer Librarians Section is trying to develop a core list of titles important to all types of cancer-related collections. We may decide to annotate these and post them on our future Web page or use them to produce a print booklet of some sort. We would like contributions of such titles that you feel are essential to your collections. Areas to consider are: nursing, patient education, palliative care, clinical practice, etc. We do not want annotations at this point nor any commitment to work on this resource. We'd just like your ideas regarding which are critically important titles. We want to compile these lists for discussion at the Cancer Librarians' Section Business Meeting at the Annual Meeting -- which will take place at 7:30 am on Sunday, May 16.

Please send your list of titles to:
Cheryl Warren
ValleyCare Health Library
5698 Stoneridge Dr
Pleasanton, Ca 94588
cherylw@valleycare.com

925-734-3315
925-734-3372 fax

HHS Launches New Quality Resource for Health Professionals on the World Wide Web

Press Release Date: January 14, 1999

HHS Secretary Donna E. Shalala today launched the National Guideline Clearinghouse* (NGC), <http://www.guideline.gov>, an Internet-based source of information on clinical care that will help health professionals to improve the quality of care they provide to their patients. The NGC, a repository for evidence-based clinical practice guidelines, was developed by the Agency for Health Care Policy and Research (AHCPR) in partnership with the American Medical Association (AMA) and the American Association of Health Plans (AAHP).

"The National Guideline Clearinghouse* is an important example of the Administration's commitment to improving the quality of health care in this country," said Secretary Shalala. "This new online service gives clinicians free and easy access to the latest health care information from many sources as they make treatment decisions with their patients."

Thousands of clinical practice guidelines have been created by medical and professional societies, managed care organizations, hospitals, state and federal agencies, and others. However, clinicians and other users often have had difficulty gaining access to a full range of guidelines, and then identifying which guidelines are based on scientific evidence. They also have had no efficient way of making comparisons to select the guideline that best meets their patients' needs.

The NGC responds to a longstanding need by identifying and featuring evidence-based clinical practice guidelines and presenting them with standardized abstracts and tables that allow for comparison of guidelines on similar topics. The tables provide information on the major areas of agreement and disagreement among guidelines to help users make informed selections. The NGC also will feature topic-related electronic mail discussion groups where guideline users can exchange information about guideline development, content, and implementation.

"National medical specialty societies continuously produce and update valuable and scientifically valid clinical practice guidelines. These guidelines contain evidence-based scientific knowledge that is a vital component of quality medical care," said

Yank D. Coble, M.D., Executive Committee Member of the AMA Board of Trustees. "The AMA's participation in the NGC partnership establishes an additional means to efficiently disseminate these state-of-the-art guidelines so that practicing physicians and other health care professionals have easy access to the scientific knowledge that these guidelines provide."

"The National Guideline Clearinghouse* is a major milestone in the pursuit of better medicine in America, and an excellent example of what can be achieved when stakeholders from the public and private sectors work together toward common goals," said American Association of Health Plans President and CEO Karen Ignagni. "Health plans and physicians will use the NGC to improve quality of care for patients. The NGC will be an important tool in clinical decisionmaking as we continue to address the problems of underuse, overuse, misuse, uncertainty, and unevenness in health care quality."

To date, more than 500 clinical practice guidelines have been submitted to the NGC by physician specialty groups, medical societies, managed care plans, state and federal organizations, and others. The NGC criteria for selecting evidence-based guidelines were published in a Federal Register notice issued April 13, 1998. AHCPR has contracted with ECRI a nonprofit health services research organization, to perform the technical work for the NGC.

"It is well known that variation in health care results partly from uncertainty and a lack of evidence for clinical treatment," said John M. Eisenberg, M.D., AHCPR Administrator. "The NGC will help reduce variation and improve health care quality by giving clinicians and other health professionals a source of information on evidence-based treatment to help guide their decisions"

The NGC will continue to receive guideline submissions on an ongoing basis. Organizations wishing to submit a guideline should contact Vivian Coates, ECRI, NGC Project Director, 5200 Butler Pike, Plymouth Meeting, PA 19462-1298. For questions about guideline submissions, please contact Jean Slutsky, NGC Project Officer, (301) 594-4042 or via e-mail at: jslutsky@ahcpr.gov.



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